

East Midlands Academy Trust

Primary RSE Curriculum Overview













Families and people who **Caring Friendships Respectful Relationships Online Relationships Being Safe** care for me **R1** That families are important for children **R20** How important friendships are in making us R12 The importance of respecting others, That people sometimes behave What sorts of boundaries are growing up because they can give love, feel happy and secure, and how people even when they're very different (for differently online, including by appropriate in friendships with security and stability choose and make friends example, physically, in character, pretending to be someone they're peers and others (including in a personality or backgrounds), or make digital context) different choices or have different preferences or beliefs The characteristics of healthy family life: The characteristics of friendships, including R13 | Practical steps they can take in a range of That the same principles apply to About the concept of privacy and commitment to each other, including in mutual respect, truthfulness, different contexts to improve or support the implications of it for both online relationships as to face-totimes of difficulty; protection and care for trustworthiness, loyalty, kindness, respectful relationships face relationships, including the children and adults, including that children and other family members; the generosity, trust, sharing interests and importance of respect for others it's not always right to keep secrets importance of spending time together and experiences, and support with problems and online including when we are if they relate to being safe sharing each other's lives. difficulties. anonymous That healthy friendships are positive and **R22** That each person's body belongs to That others' families, either in school or in R9 **R14** The conventions of courtesy and The rules and principles for keeping the wider world, sometimes look different welcoming towards others, and do not make safe online, how to recognise risks, them, and the differences between from their family, but that they should others feel lonely or excluded harmful content and contact, and appropriate and inappropriate or respect those differences and know that how to report them unsafe physical, and other, contact other children's families are also characterised by love and care R15 | The importance of self-respect and how That stable, caring relationships, which **R10** That most friendships have ups and downs, **R23** How to critically consider their online How to respond safely and may be of different types, are at the heart and that these can often be worked through this links to their own happiness friendships and sources of appropriately to adults they may of happy families, and are important for so that the friendship is repaired or even information including awareness of encounter (in all contexts, children's security as they grow up strengthened, and that resorting to violence including online) whom they do not the risks associated with people they is never right have never met know That marriage (available to both opposite R11 How to recognise who to trust and who not **R16** That in school and in wider society they **R24** How information and data is shared **R29** How to recognise and report and same sex couples) and civil to trust, how to judge when a friendship is can expect to be treated with respect by and used online feelings of being unsafe or feeling bad about any adult partnerships represent a formal and making them feel unhappy or others, and that in turn they should show legally recognised commitment of two uncomfortable, managing conflict, how to due respect to others, including those in people to each other which is intended to manage these situations and how to seek positions of authority help or advice from others, if needed. be lifelong **R6** How to recognise if family relationships **R17** About different types of bullying How to ask for advice or help for are making them feel unhappy or unsafe, (including cyberbullying), the impact of themselves or others, and to keep bullying, responsibilities of bystanders and how to seek help or advice from trying until they're heard (primarily reporting bullying to an adult) others if needed and how to get help **R18** What a stereotype is, and how **R31** How to report concerns or abuse, stereotypes can be unfair, negative or and the vocabulary and confidence needed to do so destructive **R19** The importance of permission-seeking **R32** Where to get advice (e.g. family, and giving in relationships with friends, school and/or other sources) peers and adults



including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their

emotions (including issues arising online). **H10** It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

East Midlands Academy Trust













Primary RSE Curriculum Overview - Health

	Mental Wellbeing	In	ternet Safety and Harms	Ph	ysical Health and Fitness		Drugs Alcohol and Tobacco		Basic First Aid
H1	That mental wellbeing is a normal part of daily life, in the same way as physical health.	H11	That for most people the internet is an integral part of life and has many benefits.	H18	the characteristics and mental and physical benefits of an active lifestyle.	H25	The facts about legal and illegal harmful substances and associated Risks, including smoking, alcohol use and drug-taking.	H32	How to make a clear and efficient call to emergency services if necessary.
H2	That there is a normal range of emotions (e.g. Happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.	H12	About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.	H19	the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.		alth and Prevention	H33	Concepts of basic first-aid, for example dealing with common Injuries, including head injuries.
Н3	How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	H13	How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.	H20	the risks associated with an inactive lifestyle (including obesity).	H26	How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	А	Changing dolescent Body
H4	How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	H14	Why social media, some computer games and online gaming, for example, are age restricted.	H21	how and when to seek support including which adults to speak to in school if they are worried about their health.	H27	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	Н34	Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and Emotional changes.
Н5	The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	H15	That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.		Healthy Eating	H28	The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	H35	About menstrual wellbeing including the key facts about the Menstrual cycle.
Н6	Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	H16		H22	what constitutes a healthy diet (including understanding calories and other nutritional content).	H29	About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.		Sex Education
H7	Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	H17	Where and how to report concerns and get support with issues online.	H23	the principles of planning and preparing a range of healthy meals.	H30	About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	S1	Make sure boys and girls are prepared for the changes that adolescence brings
Н8	That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.			H24	the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).	H31	The facts and science relating to allergies, immunisation and vaccination.	S2	Draw on knowledge of the human life cycle set out in science lessons to explain how a baby is conceived and born
Н9	Where and how to seek support (including recognising the triggers for seeking support),								